

STARS 'N' STRIPES

THE RESIDENT NEWSPAPER OF THE IOWA VETERANS HOME
By the residents, for the residents.

MISSION STATEMENT:

"To disseminate information regarding veterans care, entertainment and goodwill."

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Marshalltown, Iowa 50158

Memories Of Older Times

By Dale Hermon

When I was a kid so very long ago outside of Winterset, my Dad had a small farm and he had some livestock; a cow or two and a couple of pigs given to him from his father. Dad use to help grandpa Ezra farm and occasionally he would give us the runt of a liter. When the winter winds blew cold and snowy, most of our time was spent in school. But at home after supper, when it got really cold, we'd take a feather tick or a heavy blanket, snuggle down on the living room floor and all gather together.

That was Mother's way of introducing the sand man. After we were all settled, she would read us a book. She made all the sounds for the stories, the coyote howling, the wind blowing and all of that stuff. One of my favorites was "The Bend in the river." As I think back now, I can still smell the wood fire burning and hear the snap, pop and hiss as the wet pieces

of the wood burnt. I used to put my feet up on the bracket on the side of the stove to dry my socks, as they were always getting wet from playing in the snow.

We built snowmen all winter long, as long the snow lasted. We enjoyed those simple things that kids in the country do. We had a river that flowed by our place. And in the winter we could skate on it up and down for miles.

Winterset had a lot of visitors for the barnstormers. They'd all gather at one place or another, kind of like Woodstock, and try their skills out at airplane tricks and giving rides. I remember we went to see them one at a time, at about dark. We did something that night no one should actually do, as it was very risky. We didn't know the trouble we could have gotten into.

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New Marketing Director and Legislative Liaison at IVH

By Staff Writer

Lisa Purvis, our new marketing director and legislative liaison, lives on an acreage north of Conrad, Iowa. Her husband, Brett is a carpenter. Her daughter Grace is 6 1/2 years old. She raises heirloom chickens on her acreage for a hobby and fresh eggs. Her High School education was acquired at Wellsburg-Steamboat Rock. Her College degrees in Business Administration and Political Science are from the University of Iowa.



Lisa Purvis

Her first area job was at the First State Bank in Conrad where she worked from 1998-2000 on the Y2K project. She then was a paralegal in an Iowa City law firm. Her next job was as a manager of Non-Profit organizations in Owatonna, Minnesota. She then worked at the Government Affairs Coalition. Before coming to IVH, she was with the Marshalltown Convention and Visitors Bureau.

Some of her goals include following the Master Plan through, promote veterans and secure funding. In the lobbying area she wants to learn to know the people in charge of Veteran's Committees along with familiarizing herself with the Legislative Services Agency. She will also be working in cooperation with area leg-

islators and the Governor's staff. She promises to keep the Stars "N" Stripes informed of her work at the Capitol building.

**IF YOU READ
THIS PAPER,
YOU ARE
WELCOME TO
WRITE FOR
THIS PAPER!**

Poems, editorials, informative articles, entertaining articles, and photographs of general interest are all welcome!

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Man on the Street

By Bill Eilers

Question: Is IVH a haven for respiratory diseases? If you agree what changes would you make to put an end to it?



Well, not just IVH but anywhere in a closed facility. #1 Deterrent Hand Washing! #2 Hand Washing! #3 Hand Washing!
Peggy Rohach: RCP



Washing your hands and using coughing etiquette.
Chris Barten:
Infection Control Officer



Washing your hands and covering your mouth.
Angie Oaks:
Barber



People need to make sure they cover their hands when they cough.
Al Dittmar:
Dack 3



No more than any other facility that houses over 700 residents. I believe IVH is better than most places.
Ernie Runyon:
Resident Aide



If a person has a disease they should use a mask.
Floyd Patten:
Dack 4

Statehouse Issues



*By Mark Smith,
State Representative*

I am writing this column on Thursday, January 18, at the end of the first week of the General Assembly. On Wednesday, we had the very special honor of being sang to by the Iowa Veterans Home Choir. They did an outstanding job and it was a very meaningful song. Chaplains Rosemary Vaske and Angela Doty were the chaplains for the Senate and the House of Representatives, respectively. Chaplain Craig Nelson said a prayer for Secretary of State Michael Mauro. As the Representative in whose district the Iowa Veterans Home is located, I could not have been more proud. Thank you all very much!

I also want to thank the staff. It took a great deal of leadership from Kathy Manning, IVH Activity Specialist, to insure that the choir had rehearsed and coordinated of all the events. Several staff members also accompanied the choir and their efforts are greatly appreciated as well.

Now, it is on to next year! This is an event I hope we are able to do on a yearly basis.

My schedule to host "Town Hall Meetings" is as follows: February 25, March 24, and April 28. On each of those days, I will be in the Malloy LRC from 9 to 10.

So, that brings me to my trivia question of the month: In which Iowa County did Abraham Lincoln own land?

-Mark

(See answer is below)

Editorials & Opinions

Do we realize how many things are in a day's routine that are still staff centered care; things that residents must fit into with no choice for their schedule. It would be fun to see how many resident centered care things are really available. Send them to the stars "N" stripes or phone them on comment line 777.

KLW

COAL EMISSIONS

With global warming causing temperature rises in our winters and summers, do we need another coal fired electric plant in Iowa, especially in Marshalltown? People in Iowa are attending the Iowa Utilities Board Meetings at Whitehill auditorium the week of January 14th.

We have fantastic wind currents north of Marshalltown on the flat areas with no trees or obstructions because they have all been torn down or cut down. There is a wind generator blade plant going up in Newton so the source

for capturing the wind is close by. Let your thoughts be known on this matter!! Tell the Iowa Utilities Board in Des Moines.

KLW

Indoor Smoking Rooms

By Dean Brown

Dear Everybody:

When I checked my mail box the other day there was an interoffice memo from the Heinz Hall director, Susan Wilkinson, pertaining to a mounting number of complaints involving the indoor smoking rooms at Heinz Hall. Without going into details, the result was the removal of the televisions, coffee pots, tables, and chairs, etc. Also, the smoke rooms were considered to be a health problem with smokers sitting too long in an enclosed area breathing in second-hand smoke. It's their own second hand smoke they are breathing in, but none the less.

The smokers are not going to let this fade away without pushing the "mad button". Seems like in a smoking crisis this is the way they do best.

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Editorial disclaimer and policies

The views and opinions set forth in the *IVH Stars & Stripes* are those of its editorial staff, correspondents and contributors. They do not necessarily reflect the official position of the Iowa Veterans Home administration, staff or Resident Council; the State of Iowa and its agencies; or any other veterans' organization. IVH residents and those in its community are encouraged to submit their own articles, stories, announcements and photos. If an article is from the internet, book/magazine or another newspaper, written permission from that source is needed before the article will be re-printed. Submissions become the property of the editorial staff. All letters to the editor must be signed, or they will not be printed. In certain cases, if requested, names may be withheld from publication. Letters must be no more than 350 words in length. Drop boxes for letters are located in Sheeler, Malloy and Dack halls. **We reserve the right to edit letters and all other submissions for length, grammar, factual accuracy, libel and good taste.** Send all correspondence to Ken Wilson, Stars & Stripes Office Dack Hall or to Sue Sumpter, Resident & Family Services, Dack Hall. Submissions also may be sent electronically, via our e-mail address: ivhstarsnstripes@yahoo.com—**Deadline is 21st of each month. Distribution is 28th of each month.**

PARENTAL QUOTATIONS FROM THE 50'S AND 60'S

1. Oh for Pete's sake I'll do it myself.
2. Pouting gets you nowhere.
3. Do I make myself clear?
4. Have you no shame?
5. Yes, I do have eyes in the back of my head.
6. Do you have clean underwear on?
7. Just you never mind.
8. Oh honestly.

The following two items will benefit not only residents who are going into the reentry program but also employees looking for a new job or people interviewing here.

THE TOP TEN SKILLS DESIRED BY TOP TEN PET PEEVES EMPLOYERS

(IN ORDER OF RANKING)

- 1) Habitual Monday or Friday illness
- 2) Coming late
- 3) Completing only a portion of the task
- 4) A "That's not my job" attitude
- 5) Poor personal hygiene
- 6) Vulgarity
- 7) An unprofessional attitude

- 8) Cheating on expenses
- 9) Overstating abilities or experience on the job interview.
- 10) Continually failing to make deadlines

Wacky excuses for missing work:

- 1) Employee was poisoned by his mother-in-law.
- 2) A buffalo escaped from the game reserve and kept charging the employee every time she tried to go to her car from her house.
- 3) Employee was feeling all the symptoms of his expecting wife.
- 4) Employee called from his cell phone, said he was accidentally locked in a restroom stall and no one was around to let him out.
- 5) Employee broke his leg snowboarding off his roof while drunk.
- 6) Employee's wife said he couldn't come into work because he had a lot of chores to do around the house.
- 7) One of the walls in the employee's home fell off the night before.
- 8) Employee's mother was in jail.
- 9) A skunk got into the employee's house and sprayed all of his uniforms.
- 10) Employee had bad hiccups.
- 11) Employee blew his nose so hard, his back went out.
- 12) Employee's horses got loose and were running down the highway.
- 13) Employee was hit by a bus while walking.
- 14) Employee's dog swallowed her bus pass.
- 15) Employee was sad.

Farmin' Like It Used To Be

By Ken Wilson

After seeing a program on the History channel last week all I can say is "GOD, has farm technology changed!"

Everything on the larger farms is computer driven. It starts with the previous years yield reports recorded by the combine as it rolls across the fields. Each field is treated as a group of small fields called a grid. As the combine rolls along, the operator can get instant readings from the grain tank auger, such as flow rates, so the computer can calculate bushels per acre and the yields to be used in fertilizing the field in the next crop year. At night the farm operator takes the computer into the house and downloads the information into his home office computer.

Starting in the spring the fertilizer operator uses this data using GPS (Global Positioning Satellite) to fertilize each grid according to last year's yield. The fertilizer spreader follows parallel lines that the sprayer, planter, tractor with tillage implements and combine, will also use to guide themselves across the field WITHOUT the farmer even touching the steering wheel!! He can busy himself watching the equipment from a swivel seat, call the grain elevator, talk to his broker, talk to the fuel company sales person, the fertilizer representative and on and on.

This steering mechanism is accurate to within one inch!! Combines both operate mainly from a joystick, which controls speed and has buttons in the handle for the most used controls such as grain header height, discharge auger, etc. The combines are well lit with light on top of the cab for night driving.

The tractors are light equipped also front and behind so implements can be watched for equipment failures or plugging with residue, etc. Most tractor and combine cabs have a radio, CD player, and A.C., as well as a pressurized cab to keep dust out. Many of these modern conveniences have put "grandpa" out of the operators seat; due to the complex nature of the equipment! All of these conveniences come at a price. The average combine costs \$1000 dollars per horse power, with some of the larger combines being 350 hp, this means a \$350,000 machine!

Many farmers now lease these machines for one season and turn them back to the dealer, while leasing again the following year. All this expense is balanced on a knives edge of weather, crop price, and yield one time of the year. Not an occupation for the faint of heart. Land prices are approaching \$6000 an acre, with some average farm sizes being 5000 acres. This I am sure causes stress on the farm wife and children who will be future farmers. My how times have changed

Tidbits by Marie

By Marie Molloy

If you believe in making pre-funeral arrangements, you might want to order a wooden casket or urn made by the monks at New Millenary Abbey at Peosta, Iowa. They use wood from their own sustainable forests and have been doing this since the year 2000 as a work of mercy. They can deliver most anywhere on a next-day basis.

If you received nuts for Christmas you are lucky! Here's why I'm sharing with you this information I came across. Brazil nuts are extremely rich in the important yet hard-to-find, cancer-fighting mineral selenium. Selenium is especially beneficial for preventing lung, colon, and prostate cancer. For better health, eat one Brazil nut a day. Buy plenty when they are in season and freeze (they crack easier when frozen). Peanuts contain resveratrol, which is a naturally occurring phytochemical also found in red wine. This compound has been associated with the decreased risk of heart disease and certain cancers. Pecans top the list of foods with the highest level of antioxidant activity. Pecans have been linked to reducing the risk of heart disease and cancer and lowering cholesterol.

Walnuts are filled with heart-healthy omega-3 fats. It's the same type of good fat found in salmon and flax seed.

Omega-3 fats help prevent hardening of the arteries, and linked to lowering triglycerides and prevent heart attacks and strokes.



Nutritionally Correct

By Jane Linnenbrink, RD/LD

Have you noticed the new cards in Atha Dining Room? These small cards are meant to provide a lot of information to you for making the best choices possible as you eat each meal.

The color of the card is significant. The colors of MyPyramid have been used. They are: Orange for grains, Green for vegetables, Red for fruits, Yellow for fats and oils, Blue for milk, Purple for meat & beans. There are some foods which do not fit into any of these categories. So 2 more categories of foods were identified: dessert cards are pink (pies, cookies, cakes, crisps, cobblers) all other foods' cards are lime green (bacon, syrup)

The first line on the card identifies the food. The next line identifies a standard serving size of that food and the number of Calories in one serving. This information can be used by people who are interested in managing Calorie intake for purposes of weight control. There are always two entrees prepared. A person might look at the cards and select the entrée with the least amount of Calories per serving to assist with weight management. The reverse would also be true. For someone trying to gain weight, look for the choice with the most Calories.

The third line on the card lists "Carb Choices." This is commonly used by diabetics. Diabetics normally have a



standard number of carb choices they aim for with each meal. The number of carb choices can be counted as a person goes through the line.

Did you notice that some of the cards have hearts affixed to them? Any card with a heart has 30% or less of its Calories supplied from fat. This may be helpful information for someone with heart disease....or for anyone trying to eat a heart healthy diet. Beware, however, not all cards with hearts are good choices. The food that is high in Calories and has a heart, means that that food is very high in sugar.

The third display case in Atha Dining Room has a lot of information concerning how to read and interpret the new cards on the cafeteria line. Not every food has a new updated card, as nutrition information may not be collected or calculated yet. This is a big project and is ongoing. The goal is to give you, the customer, as much information as we can collect to assist you with making healthy choices. Anyone who has questions or would like further information is invited to visit with their unit dietitian or Jane Linnenbrink, Director of Clinical Nutrition.

"Food for thought is no substitute for the real thing." Walt Kelly

Poetry Page

THAT DARN PEN

I took pen in hand to write a short story about what I do. Write short stories and poetry. Oops, there went that pen. I have difficulty holding a pen in hand as my fingers won't clutch it. Oops, well there it goes again. I can write now, I found two pens and I am doing ok. Oops, there it went again, under the bed this time. With any luck, I'll finish the story eventually. That darn pen!

Dale Hermon



Not This Way

What kind of world is this with so much crime, when people are willing to mame or kill for a dollar or a dime. Students are being murdered inside and outside their schools, and the person or persons who commit these inhumane acts are not only crazy, there are just dammed fools. Now all over the world wars are being fought, and most of them begin with just a simple thought. So much anguish and too many lies, every two minutes another soul dies.

Politicians tell the people only what they want them to hear, and the elderly lock their doors at night because they live in fear. God blessed us with life, and it wasn't meant to be this way, and its bad that we must take precautions just to live another day.

Henry Hubbard

Indoor Smoke Rooms

Continued from page 5

A number of complaints by smokers have been written up and placed on Susan's desk for her to deal with. I think this is the way smokers are trying to buy time to build an effective response to the interoffice memo. A lounge is a place where you can sit around and visit, play cards, read or play around on the computer if it has one. Today a lounge is considered to be a non-smoking area of leisure without it being a health hazard. There is one such lounge located across the hall from the library.

A smoke room, on the other hand, is a rather au stair area and isn't inviting to do anything but what it was intended to be used. It would cut down on the second-hand smoke. Smokers at Heinz Hall refer to them as "smoke rooms" but want to use them as lounges! Oil and water. They are two different rooms used for two different functions.

I think its time for the non-smokers of Heinz Hall to rally around Susan and support her effort in this cause! If IVH is really what it says it is, a health care facility, then how can tobacco be allowed to run rampant across the entire campus. There is going to be a tremendous price paid by smokers for what they so fondly refer to as a "right". That right will steal away the very air they breathe! Think about it.

1906 statistics

The average life expectancy was 47 years. Only 14 percent of the homes had a bathtub. Only 8 percent of the homes had a telephone. There were only 8,000 cars and only 144 miles of paved roads. The maximum speed limit in most cities was 10 mph. The tallest structure in the world was the Eiffel Tower!

The average wage was 22 cents per hour. The average worker made between \$200 and \$400 per year. A competent accountant could expect to earn \$2000 per year, a dentist \$2,500 per year, a veterinarian between \$1,500 and \$4,000 per year and a mechanical engineer about \$5,000 per year.

More than 95 percent of all births took place at HOME. Ninety percent of all doctors had NO COLLEGE EDUCATION! Instead, they attended so-called medical schools, many of which were condemned in the press AND the government as "substandard." Sugar cost four cents a pound. Eggs were fourteen cents a dozen. Coffee was fifteen cents a pound. Most women only washed their hair once a month, and used Borax or egg yolks for shampoo. Canada passed a law that prohibited poor people from entering into their country for any reason. Five leading causes of death were:

1. Pneumonia and influenza
2. Tuberculosis
3. Diarrhea
4. Heart disease
5. Stroke

The American flag had 45 stars. The population of Las Vegas, Nevada was only 30!!!! Crossword puzzles, canned beer, and ice tea hadn't been invented yet. There was no Mother's Day or Father's Day. Two out of every 10 adults couldn't read or write.

Only 6 percent of all Americans had graduated from high school. Marijuana, heroin, and morphine were all available over the counter at the local corner drugstores. Back then pharmacists said, "Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach and bowels, and is, in fact, a perfect guardian of health." Eighteen percent of households had at least one full-time servant or domestic help. There were about 230 reported murders in the ENTIRE U.S.A.

Try to imagine what it may be like in another 100 years.

NEW TRANSPORT VANS!!

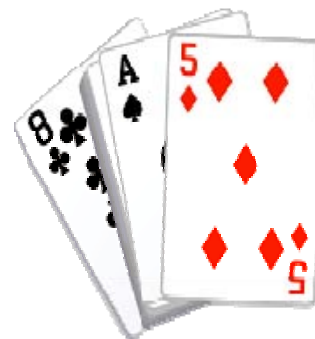
By Staff Writer

IVH has received some new transport vans that have wheelchair lifts just like the large buses. They are Ford 350 chassis with a school bus body and school bus style doors. They are very roomy and caregivers can walk freely inside to access care of the residents on board. They are identical except one has a large blue stripe on the side and one a large red stripe on the side!!

Look them over the next time you are close to one. I had the privilege of riding in one coming back from UIHC on the second day of use. Due to my surgery nothing would have been comfortable on that day except a swinging hammock!



Crazy Eights Card Tournament
When: Tuesday February 5th, 2008
Where: Atha Dinning Room
Time: 2pm-3:30 pm.
Staff and Residents are welcome



Valentine's Day Surprise Package



Attention Residents..

You could be the lucky winner of the Valentine's Day Surprise Package sponsored by your Canteen Department! Earn 1 entry card with each personal purchase made in the Canteen between February 1-14.

Valentine's Day Surprise Package winner will be announced on February 15th!



Sponsored by
the Canteen



Residents earn 1 FREE entry for each personal purchase made in the Canteen between February 1st and February 14th!

HAPPY VALENTINE'S DAY!

Chapel Events for February

February Activities:

Ash Wednesday Services in the chapel at 1:30 on February 6th.

Lenten morning services will begin on Thursday Feb. 7. These services will be held every weekday from 7:30-7:45 a.m. and will be led by residents and staff.

Videos for February are:

Tuesdays at 3:00 pm:

February 5: Reformation Overview:

John Wycliffe

February 12: Reformation Overview: John Hus

February 19: Reformation Overview: Martin Luther

February 26: Reformation Overview: The Swiss Reformation

A TRIBUTE TO NILE HARDING

By Henry Hubbard

I never knew much about Nile Harding until lately, but from what I understand volunteers, veterans and staff will miss him greatly. He dedicated himself to volunteering because he wanted to always give, and I believe that was the life that God chose for him to live.

I heard that he loved sports and was an avid Hawkeye Fan, and if he was here with us today his attitude would not be I can't because I can.

So with that, Nile Harding, here is my tribute to you, because you are truly at home now and God will see the rest of us through!



Midwest Phrases

By Ken Wilson

MIDWEST PHRASES IS TAKEN
FROM THE BOOK "HOG ON ICE"

By Charles Earle Funk

This month's Phrase is *"Hell Bent for Leather"*

In America we'd say, "a hell of a hurry," with the same meaning; but this is a British expression, apparently originating in the British Army in India. Possibly Kipling coined it, for he was the first to record it, though he may have been actually quoting army speech. His first usage is in *The Story of the Gatsby's*, in that portion of the story ("The Valley of the Shadow") where Mrs. Gatsby is just emerging from "the valley." His second use of their expression is in Mulvaney's episode with "My Lord the Elephant" in *Many Inventions*. Though the term must originally have referred to the terrific beating inflicted upon leather saddle by heavy troopers at full speed, even by Kipling's time it had acquired a figurative sense indicating great speed, on foot, by vehicle or by horse.

Weather trivia

What is spring fever?

Spring fever commonly occurs with a sudden warm spell following a long cold period. When the temperature rises, the body has to get rid of heat. Dilation or expansion of blood vessels so blood can be carried to the body surface where heat can be lost quickly to the air. The energetic feeling experienced is the body's reaction to the large amount of work going on to cope with a warming environment.



Improving Your Vocabulary

Do you know the definitions of these words?

1. Mealy-mouthed
2. Paragon
3. Sentient

Answers on back page.

Back to the battlefields in Holland to meet some friends:

By W.J. van Luijtelaar

In April of 2007 John Stolka, a resident of Dack 4, sent me a copy of your fantastic newspaper, wherein there was an article about John. In the article, John told about the landing on D-Day in June of 1944. There is, however, much more to say about John.

I, Wm J. van Luijtelaar, was born in the most southern town of Holland—Maastricht—close to the Belgian border; about 30 kilometers from Germany. The 13th of September, 1944 I will never forget—we were liberated by the U.S. Army! The war was still going on and in the factory where I worked there was not much to do because of the lack of paper (Bates Paper Bag CIE). So, part of the factory was offered to the 6th Medium Maintenance Company of the 30th Infantry Division.

Our director allowed me to help the Captain of the unit, e.g. to write letters for him and make parcels for families in the U.S.A.; mostly about soldiers that were killed in action. Of all the soldiers in our factory, these three men; John Stolka, John Knox and Allen Rothero, became my best friends: in just the very short time they were with us (9/29/44 – 10/20/44). They then went to Heerlen, close to the German border. Soon, I myself became a



John Stolka visiting with Wm J. van Luijtelaar on a square in Maastricht, Holland.



John Stolka visiting with friends in Holland.

volunteer in the Dutch Marine Corps. I then found it my duty to fight also for a better world! On the 22nd of February, 1945 I was sent in a heavy snowstorm from Belgium to England. It was the last day that the two English ships were destroyed on the North Sea by the Germans, as I heard later. It was the first time in my life that I was so far from home.

Continued on page 19

GETTING TO KNOW YOU — OUR STAR VOLUNTEERS —

By Rose Elsbecker

I would like to introduce to you a couple who bring sunshine to the halls of IVH year-round. Their names are George and Kay Bell. Born in Iowa on Oct. 5th and Dec. 9th, 1942. George and Kay met and married and eventually moved to make their home in Marshalltown about twenty years ago. Aren't we lucky to have this couple around, though? Like a lot of our volunteers, they seem to be everywhere and like to do most anything. I had the most fascinating visit with Kay one afternoon. I know that you will look forward to the opportunity to meet them both, if you haven't already.

You can find George and Kay here in the halls at IVH several times weekly. They enjoy going on trips together with residents. Kay tells me that she had never fished before, but was rather surprised to find she really likes it now. Just like Marge Diggins, she tells me it's the big ones that get away...

Kay tells me they also enjoy helping with the meals, setting up the tables, acting as escorts, and serving dinner in the Kopper Kettle. You may also find Kay in the dinning room, having lunch or tea with the Red Hat Ladies and sharing little gifts she has found, including special lit-

tle gifts made here at IVH.

Now get this folks, believe it or not, George and Kay are long-time mem-

bers of the Marshalltown Street

Rod Club! This years antique show will be in May at Field's—formerly known as the Thunderbird

restaurant and hotel. These folks spent a lot of time touring the country in their '39 Ford and saw a lot of sights.

N o w a d a y s , George is working on fixing their '49 Buick.



George Bell



Kay Bell

As always, if you see these folks around do stop by and say hello. You may like to swap stories of your own travel adventures! There may be some of you out there who could tell us about your own little Deuce Coupe or Hot Rod Lincoln! I'd love to hear your stories too. This is Rose, and we'll be signing off for now, hoping this little story will help to chase the January blahs. We'll look forward in seeing you all soon!

The Caucus

By Dean Brown

Subject: The Caucus

Dear everybody:

Webster says as caucus is a closed meeting of members of the same party or faction usually to select candidates or decide policy. Origin unknown. That definition needs a definition. I'm sorry its Webster's simple definition of a chaotic happening.

It has been my experience and second caucus that confirms my overwhelming belief it's time for a change. The only semblance of organization at the Malloy LRC was its registration. After that everything was up for grabs. There is no way of knowing how many are going to show up at one of these things, but the leaders should be prepared to take care of the situation. Probably easier said than done

The LRC was ill-equipped to handle the number of people squeezed into the space provided which, made it virtually impossible to get an accurate candidate count. Maybe supporters of a couple of the candidates could adjourn to another room to take their count. The bottom line to a successful caucus is space and separation.

I'm surprised none of the candidates



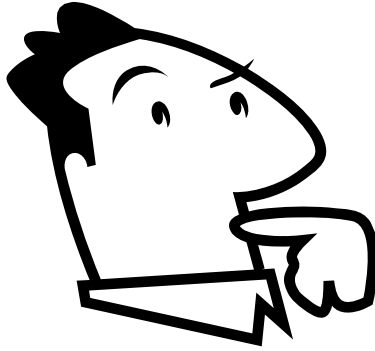
questioned the out come of the of the final vote count. The bottom line to a successful caucus is space and separation.

The very fact that Iowa is the first to go to the polls under the caucus system, garners more air time than other state Keeping the state in the limelight is important to Iowa's ego. Candidates have more time to campaign in the state and spend a lot of money. One must remember it's the people who elect the president and not the electoral college.

Iowa has sent candidates on their way, but the state has never elected a president with eight electoral votes. Get rid of the college; elect with the popular vote! That way the majority vote elects a president and not a particular selection of states. That's the fallacy of the electoral college, because certain states carry a candidates preference and attention.

Thinking Out Loud

By Ken Wilson



Battlefields in Holland

Continued from page 16

From London we went to Scotland to a U.S. Marine camp in Rosneath, which is about 40 kilometers West of Glasgow on the Clyde. We were surprised about the very good treatment and food we received there. Near the camp was Rosneath Castle; it was there I heard that Churchill, General Eisenhower and General Montgomery had planned D-Day in early 1944!

Eventually I had lost contact with my American friends, but in August of 1989, John Stolka sent my photo and an article to the De Limburger newspaper in Maastricht and said he would like to see me on his trip to Europe. So, on the 5th day of September, 1989 a reunion was held in the newspaper office; afterwards we talked further on a nearby square.

We took John with us to Warnsveld, where my wife and I live now, which is about 30 kilometers above Arnhem and showed him some interesting places around us. Unfortunately, our long-time friend Allen Rothero has since passed away, but with the two Johns we still have contact. Therefore, I now tell you how GRATEFUL I still am to the U.S. soldiers who liberated us from the terrible German occupation and in the SPECIAL friendship we share and enjoy with John Stolka and John Knox.

- 1) Wouldn't it be nice in resident rooms to have a closet that was able to store more than two suits and some pants?
- 2) It is fascinating to hear presidential candidates say what they will do. Not a one of them can do anything if congress isn't on their side.
- 3) Do you realize how many things you do in a day that are "staff" centered care?
- 4) Does anyone remember when we used to have more snow during the winter time? Like 13 to 14 foot drifts.
- 5) I miss the winter farm chores with their smells of silage, fresh hay, ground grain, and yes, even manure.
- 6) Milking cows in the wintertime was an interesting task, especially if they were kept inside the barn all day long.
- 7) This added much to the manual labor.

Looking Back In 2007...



Memories Of Older Times

Continued from page 1

We sat on the trunk of the car, a trunk that was similar to a modified rumble seat, for the ride to the gathering place which was somebody's pasture. You see, my Aunt's boyfriend was the one that gave us the ride and unfortunately for him, word got around our small town. My Aunt was pleased.

We had lots of toys as kids. My brother had a good eye in seeing things and knowing how to build them. He made many of them out of old orange crates and other things as needed. The size of the wood was about 3-feet long, 1/4" thick and about 6" wide. He made a digger after we watched the city dig the reservoir. They called it a drag line. He made an airplane after we saw one flying over head. It was a bi-plane.

He made several toy guns with the rubbers taken off the old canning jars and old bicycle and vehicle inner tubes. The bicycle inner tubes were good for making derringers and sling shots. We used clothes pins for the trigger. You'd squeeze the end to fire the bullet.

It's too bad people we don't realize what we have when we have it.



I've had the American dream several times and let it get away. The one dream about having a vine cottage and kids being around me all of the time. And another dream, about having my own farm. When you're younger, you feel like you're always going to be like you are at 25 or 30, then you look in the mirror and see that you're not the same person you use to be. You kind of wonder who that is in the mirror.

The lesson to learn is: no matter what is put in your pathway, you just keep on keeping on, working toward your dream. Go around, dig through or climb over the obstacles.

Should have Been in the News

By Sue Sumpter

Some of you may have received an email or heard about Denzel Washington, the actor, visiting one of the two Fisher Houses at the Brooke Army Medical Center (BAMC) in San Antonio, Texas in 2004, and writing a check on the spot to donate money to build a third Fisher House. According to the Chairman of the Fisher House, and the truth or fiction website, the story isn't quite true. Denzel has been very active in supporting the soldiers, and is a member of the Fisher board of trustees.

An announcement was made during his visit in 2004 about a million dollar facility that was going to be built; at the same time it was mentioned that Denzel had pledged a donation. Denzel did make a donation, which was a very generous one. They won't say how much he donated, but it was one of the largest in the organization's history.

The BAMC is where soldiers who have been evacuated from Germany come to be hospitalized in the United States, especially burn victims. While visiting the BAMC he participated in awarding Purple Hearts to 3 soldiers and toured the Fisher Houses' and was impressed with what they were doing there.

The Fisher Houses' provides housing for families of soldiers who are receiving medical care; they can stay at no cost while visiting. If you would like to read more about the Brooke Army Medical Center and the Fisher Houses' you can log on to their website at: www.armyfisherhouses.org or www.fisherhouse.org.

Words to live by

Submitted By Sue Sumpter

For attractive lips, speak words of kindness...

For lovely eyes, seek out the good in people...

For a slim figure, share your food with the hungry...

For beautiful hair, let a child run his/her fingers through it once a day...

For poise, walk with the knowledge that you never walk alone...

People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; never throw out anyone.

Remember, if you ever need a helping hand, you will find one at the end of each of your arms.

As you grow older, you will discover that you have two hands; one for helping yourself, and the other for helping others.

Meet Our New Librarian

By Staff Writer

We would like to welcome aboard Sonia Hayek to IVH as the new librarian. Of course, Sherry Anderson, our previous Librarian will be greatly missed after five years of delivering excellent library service at the Iowa Veterans Home. Sherry was a very kind person and Sonia enjoyed working with her a few short days before her retirement on December 31st.

Sonia is very happy to be our new Librarian here at IVH. She was born and raised in Waterloo, Iowa where she lived and worked until she got married and moved to rural Toledo in 1982. She and her husband Frank have been married for 25 years. They both run a millwork company and raise Gelbvieh cattle on their farmstead where Frank's father grew up. Sonia was a full-time mom to their three sons while helping her husband with his construction company until 1999 when she began working part-time for the Toledo Public Library.

Sonia found library work to be a great job for her because she loves people, books, and computers and these three things are found in public libraries every day.



Sonia Hayek

Within a few months she was hired as the director. During her eight years serving the Toledo Library she was privileged to see many changes take place. In 2004-2005 the Toledo Library underwent an expansion and remodeling project which gave them a total of 8,500 square feet of space for their books, additional computers and meeting rooms. Toledo now has a beautiful library that will serve the public well for many years to come.

Sonia looks forward to getting to know each of us and serving the best she can by providing access to materials for us to enjoy. Please stop by the library and introduce yourself.



**Let the game begin !
Join us in the Malloy LRC
for the Canteen's Super
Bowl Party !
February 3rd
From: 2:30—7:00 p.m.
There will be snacks to
purchase during the
game !**

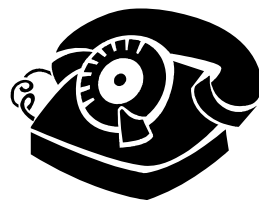


Dietary and Rec Staff Making Omelets
For Dack Residents....



Our Comment Line is
777. Please call us with
your comments, ideas or
suggestions about the
Stars 'n' Stripes. We'd
love to hear from you.

*For routine office
calls, Please use
extension 794.*



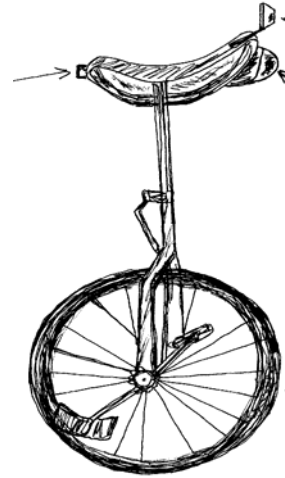
If you wish to be removed from our mailing list or know someone who would like to be added to our mailing list please contact us at 641-752-1501 ext 794 or email us at starsnstripes@yahoo.com

Cartoons and Humor



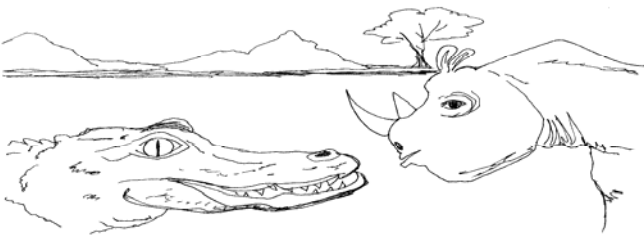
A snowman tragedy. The snowman on the driveway lost his head. The other two snowmen replied: "What have we told you Fred wear your glasses before you cross a driveway."

B. Eilers



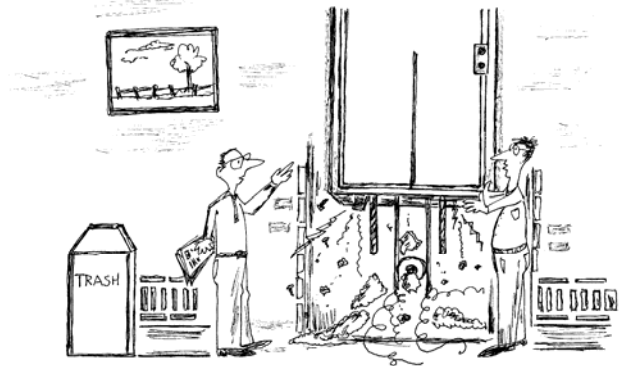
Here's the answer to a car with lower gas emissions. The new 2008 Unicycle S-T

B. Eilers



A rhino complaining about getting the blame for Rhino Virus. So a gator replies back: "All right already. Quit your nagging. We'll take the blame this time when your virus comes up we'll call it: Gator Guts."

B. Eilers



The guy on the left asks: Want to hold that elevator?" The man on the left answers back: "Ok. But it won't be easy."

B. Eilers

Quiet Reflections



Answers to Improving Your Vocabulary

1. Lacking frankness or directness; overly wary of speaking plainly or openly.
2. Example of excellence; somebody of something that is the very best example of something.
3. Conscious, capable of feeling and perception; a sentient being.

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A newspaper is not just for reporting news, it's to get people mad enough to do something about it. -- Mark Twain

